



THE C.S. LEWIS INSTITUTE
PRESENTS



Heart AND MIND DISCIPLESHIP

*A 10-week, small group program providing
fundamental truth for authentic spiritual growth*

LEADERS GUIDE

NOTES TO LEADERS

Why lead the *Heart and Mind Discipleship* program?

Would you like to help other believers become more effective witnesses for Jesus Christ in their personal and public spheres? To see your friends become more active in the church and excited about their faith? Would you also like to follow Jesus more intently in thought, word, and deed, allowing him to work in both your heart and mind?

If your answer is yes, we at the C.S. Lewis Institute encourage you to lead a small group through this *Heart and Mind Discipleship* program. We believe you will be thrilled at the results that take place in your life and the lives of others. The dynamics will only partially depend on the great teaching, thoughtful reading, Bible studies, and group discussion offered through the program. In large part, the growth in your spiritual life and others' will be due to your leadership as you cooperate with the Wonderful Counselor himself, the Holy Spirit.

The *Heart and Mind Discipleship* package provides you with all of the essential components needed for a ten-week, life-impacting study on Christian discipleship. Of course the hope is that after the ten weeks you and your friends will want to continue to deepen your relationship with Christ in the forthcoming days, months and years.

The thirty-minute video lectures are taught by a variety of experienced teachers and focus on key discipleship themes. For each weekly theme, group participants will read a short article in the workbook, complete a short Bible study, and then meet as a group to hear the thirty-minute lecture. Discussion questions are provided for the leader and the group to consider after hearing the lecture.

By reading, studying, listening to, and then discussing the session theme, learners are able to absorb the material in a variety of ways. One person might resonate with the lecture; another might note something in the reading. This approach to the study helps people glean insights from one another. The cumulative effect is that group members should not only learn more about Christ, but also become better equipped to live out their faith in daily life.

This program could be used in a home group, as a curriculum for your church's small group program, in an adult Sunday school class, or in a workplace environment given the right circumstances, such as with a weekly lunch or breakfast group.

What do C.S. Lewis and the C.S. Lewis Institute have to do with discipleship?

Founded in 1976 in the legacy of C.S. Lewis, the Institute endeavors to develop disciples who can articulate, defend, and live faith in Christ through personal and public living. Over the years, the C.S. Lewis Institute has seen the critical role that small groups play in helping people mature in their Christian faith. Small groups play a key role in CSLI programs as believers are able to encourage, teach, exhort, and enjoy one another in community.

A case in point is C.S. Lewis himself, who saw the importance of studying together with other like-minded people. He developed his critical-thinking skills in his teens under the tutelage of W.T. Kirkpatrick, “the great Knock.” As Lewis was forced to dialogue back and forth on a topic, he sharpened his mind and absorbed the teaching. Later Lewis would apply this to his students, when he tutored small groups at Oxford and Cambridge. He also learned the invaluable role of friends in search of truth. In small group gatherings and one-on-one conversations with writers such as J.R.R. Tolkien, Charles Williams, and Owen Barfield, he eventually came to faith in Christ.

Once he was a believer, Lewis and other gifted writers polished their works in a weekly small group called the Inklings. Out of this small group came literary works of extraordinary power and impact for Christ, including *The Chronicles of Narnia*, by Lewis, and *The Lord of the Rings*, by Tolkien. These books were hammered out as the group read their works aloud, critiquing and helping one another craft better stories.

During World War II, Lewis was asked to give radio broadcasts on Christianity to Britain. Lewis was the second-best-known radio voice of the war years, just behind the great prime minister Winston Churchill. These radio talks led to the eventual publishing of Lewis’s *Mere Christianity*.

Through these life experiences and his deep understanding of the New Testament, C.S. Lewis came to see how a combination of the written word, the spoken word, small group discussions, and one-on-one tutoring or mentoring can lead one into a deeper relationship with Jesus Christ.

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The example of Jesus Christ as small group discipleship leader:

One of the first things Jesus did to start his ministry was recruit a small group of disciples. We read in Mark 3:13–14 (NIV), “Jesus went up on a mountainside and called to him those he wanted, and they came to him. He appointed twelve—designating them apostles—that they might be with him and that he might send them out to preach.”

Jesus set out to create a small group of men who would be able to minister to one another and the world. Jesus understood small group dynamics and formed his group sizes to match his purposes. Modern research in the fields of psychology and sociology has shown that:

- *Twelve* in a group is the maximum size for effective teaching with a small group dynamic, not including the leader which makes thirteen, total.
- *Four* in a group provide an ideal size for deeper sharing, discussions, and relationships. The problem with a group of three is that it can become a two-versus-one scenario. (Peter, James, John, and Jesus made up a group of four that experienced significant events together, such as the Transfiguration, and the night in the Garden of Gethsemane.)
- *Two* is the ideal pairing for sharing one’s deepest experiences and questions. This size is best for confession and intimate sharing. (Jesus and John formed this group of two. John was tasked with caring for Jesus’ personal affairs following his death and caring for his mother, Mary, as a result of their close relationship.) Also note that Jesus sent the disciples out two by two for mutual support. He never sent his disciples out alone.

Following Jesus’ resurrection and just before his ascension, he commissioned the small group of apostles by saying to them, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and the Son and the Holy Spirit, and teaching them to obey everything I have commanded you” (Matt. 28:18–20, NIV).

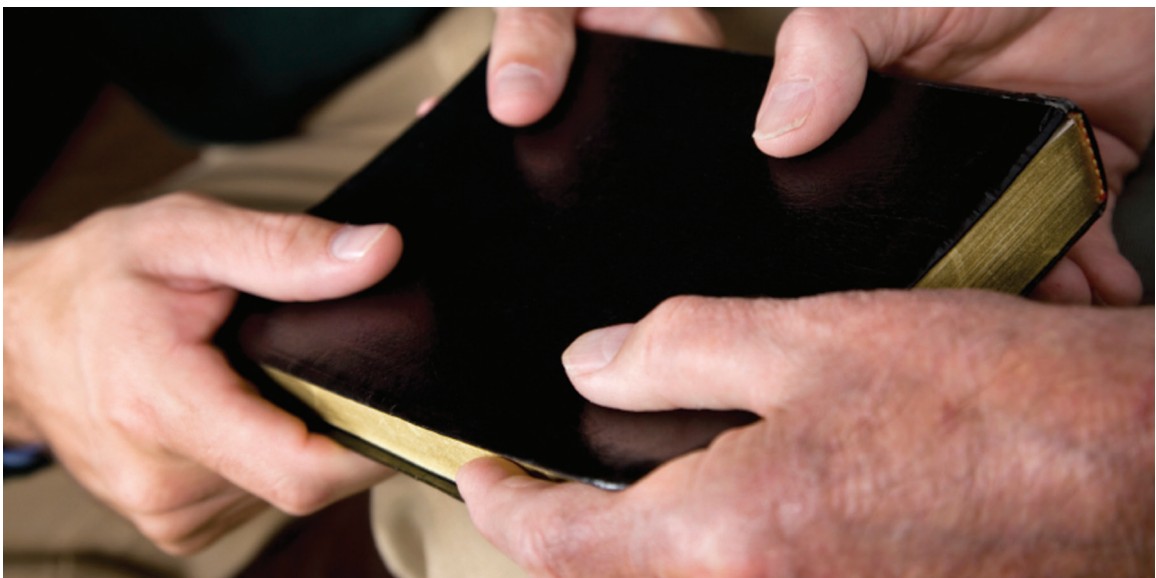
It is this small group of apostles that ended up “turning the world upside down.” As they depended on the power of the Holy Spirit, they spread the good news of Christ throughout the Roman Empire.

In Acts 2:42–47 we read of a number of different disciplines or practices that characterized the early church, including:

1. Teaching
2. Fellowship
3. Breaking of Bread (Lord's Supper)
4. Prayer & Worship
5. Healing, Wonders, Miraculous Signs
6. Caring for One Another
7. Assimilating New People into the Church

We discover that while teaching, prayer and worship, and healing took place in their large gatherings, all of the characteristics of the early church were practiced in small groups that met in homes throughout the week. In other words, home groups or small groups were the primary means of living out one's faith and becoming a mature disciple of Christ. Unfortunately, many in the church today who attend only a Sunday morning service miss out on the power that comes from being involved with a small group of believers who are seeking the Lord together so that they can better fulfill Christ's great commission.

Professor Roberta Hestenes provides a good definition of what a *Heart and Mind Discipleship* group intends to be: "A Christian small group is an intentional, face-to-face gathering of 3–12 people on a regular time schedule with a common purpose of discovering and growing in the possibilities of the abundant life in Christ."



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The role and responsibilities of the *Heart and Mind Discipleship* group leader:

1. **P-L-A-N.** Before you begin, take time to plan by reading this leadership guide and the study guide introduction to the program. Then begin the steps of planning:

Purpose. Know the purpose of the *Heart and Mind Discipleship* program: that you and your friends will experience authentic spiritual growth as you seek to learn how to become more mature disciples of Jesus Christ. Determine how you can best communicate the purpose of this small group discipleship program to the people you intend to invite to participate.

Logistics. Determine the logistics of:

When: When will you meet (date, time, for how long)?

Where: Where will you meet (home, church, workplace)?

What: What will you need to do to prepare the place for the weekly meetings (seating, lighting, monitor/video player, room temperature, beverages, snacks, childcare, removal of distractions)?

Who: Who will take care of the various planning pieces? Don't be afraid to delegate. People like to contribute and actually become more committed when they play a role in the group, even if it's just preparing refreshments or setting up chairs.

Some possible roles include:

Leader

Assistant Leader

Hospitality Coordinator

Technology Coordinator (monitor/video)

Childcare Coordinator

Facilities Coordinator

Activities. The *Heart and Mind Discipleship* program has a suggested activity plan for different types of groups. If your group has time to meet for a meal or even dessert, the fellowship over food can help build relationships and thus enhance the overall experience. Below are a few suggested formats. The 90- to 120-minute weekly sessions are the ideal. If time is of the essence, a 60-minute session can be used, although it allows a lot less time for group discussion.

SAMPLE SMALL GROUP STUDY AGENDA (TOTAL: 90 MINUTES)	
10 Minutes	Social Time
5 Minutes	Introduction of Topic and Prayer
30 Minutes	Watch video
35 Minutes	Discussion Questions
10 Minutes	Closing: Recite Memory Verse & Prayer Time

HOME GROUP DINNER AND STUDY MODEL (TOTAL: 120 MINUTES)	
40 Minutes	Simple Dinner and Social Time (Pizza, Salad, Drinks, and Desserts—or a potluck)
5 Minutes	Introduction of Topic and Prayer
30 Minutes	Watch video
35 Minutes	Discussion Questions
10 Minutes	Closing: Recite Memory Verse & Prayer Time

SUNDAY SCHOOL CLASS/ WORKPLACE MODEL	
5 Minutes	Introduction of Topic and Prayer
30 Minutes	Watch video
25–55 Minutes	Discussion Questions, Memory Verse & Prayer Time

Take some time each week to plan out the activities for the meeting so that things flow smoothly. **Always start and end on time.** People will get discouraged if the meetings go overtime or start late. If you desire, you can end the formal meeting on time and give people the option to stay later to fellowship or pray more. But always give people the opportunity to end at the prescheduled times.

Needs. Be on the alert to the needs of the people who are either in the group or may join the group. As you pray and ask the Holy Spirit to guide your planning process, he will give you guidance and help you determine the needs of your particular group and your responsibilities in meeting those needs.

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Rick Howerton, in his book *Destination Community*, suggests some key questions to ask the Lord each week to prepare for small group leadership:

Is there: Someone to pray with?
Someone needing counsel?
Someone to encourage?
Someone to hold accountable?
Something to celebrate with someone?
Something to learn?
A need to be met?
A call to be made?
A conflict to be resolved?

2. Pray and recruit participants. After planning, the second task of the leader is to pray and recruit the participants. Take some time to pray and ask the Lord to lead and point you to the right people to be in the study. The series is not intended to be evangelistic, though new believers would be well served by the content, as well as those who have been Christians for a long time. Then begin inviting. Don't be disappointed if some say, "No, thank you." Persevere and keep on inviting until you get a committed small group together.

Jim Collins, author of the modern leadership bestseller *Good to Great*, writes, "Great endeavors are accomplished best when the right people are in the right place doing the right thing." As you pray and ask the Lord to put together the right group, have faith that he can arrange the right people in the right place doing the right thing.

A personal invitation or a phone call is the preferred method of communication, as an impersonal e-mail might be overlooked and does not provide immediate conversational answers to questions.

Bobb Biehl gives the following advice in his book *Mentoring*:

"Don't hesitate—initiate."

You should be prepared to answer the following questions when recruiting people for the study. You might try to formulate an honest answer that you would like to hear if you were considering a study.

Be prepared to answer the following questions when recruiting a potential disciple:

1. How much time each week will it take for me to prepare for and do the study?
2. How long will the study last?
3. What kind of homework is involved?
4. Does it cost anything?
5. Do you have to know a lot of Bible or be able to pray out loud to be in the group?
6. How many people will be in the group?
7. What are we going to do in the meetings?
8. Who else is coming?
9. Do you provide childcare?
10. Can I leave midway through the study if I find it's just not for me?

Group size: While a larger group could watch the video together, it is recommended that discussion groups be small. It is hard to have interactive discussions with groups larger than thirteen including the discussion facilitator.

3. Develop a group covenant. Covenants provide a means of providing purpose, balance, and accountability within small group relationships. If people have knowingly signed a covenant, they are more likely to follow through on their commitment. What's more, the covenant makes it easier for people to give grace and/or lovingly confront someone who is not living up to the covenant.

For example, if someone is regularly missing the group's meetings, the leader of the group can say, "Hey, we've missed you recently. Your contribution is important and necessary for our group to function and grow. What can we do to help you make it to the group next week and fulfill your covenant?"

One of the first things a group can do to assure success is to agree upon a covenant. A covenant needs to take into consideration both the principles and logistics needed to achieve the group's goal. It would be wise to write up your covenant and then distribute copies to everyone in the group. Have the group discuss it and express any concerns or reservations about it. It can be adapted to meet the needs of the group as long as it doesn't compromise the mission of the program.

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Some of the key components might include:

Attendance: a commitment to attend the weekly meetings for the ten-week period barring an unexpected emergency.

Preparation: a commitment to do the homework and to come prepared to the meetings. However, if participants haven't finished the homework, they should be encouraged to come anyway so that they can benefit from the group's discussion and get back on track.

Prayer: a commitment to pray for the group and that the Holy Spirit would help everyone grow spiritually through all the components of the program.

Confidentiality: anything shared in the group must stay in the group and not be shared with others. This is an important part of the covenant as it builds trust when maintained and allows people to be more open.

Openness: a willingness to share and participate in the discussions.

Honesty: a commitment to being honest and forthright in all relationships within the group.

Sensitivity: a commitment to being sensitive to the needs of others in the group.

Love: a commitment to love those in the group as commanded by Christ himself.

4. Facilitate discussion. The great thing about the *Heart and Mind Discipleship* program is that you don't have to be a theologian or biblical scholar to lead this study. All you need is to be a committed follower of Jesus Christ who wants to grow spiritually and wants to bring people alongside to grow as well. Most of the programming is already done for you. Having said that, you will be asked to facilitate the group discussion. Discussion questions are provided to help you. These questions can be modified, adapted, or you can use some questions of your own to get people talking. The key is to get others talking rather than doing the talking yourself.

An “ask, don't tell” policy is a good approach when leading the thematic discussion. Usually people should be ready to talk after watching the video, having read the article, and having completed the Bible study in preparation for the group time.

Some things to remember:

- Remember the questions who? what? when? where? why? and how?

- Give people time to answer. Don't answer your own question. Rephrase it if you'd like, but don't be afraid of "pregnant pauses." Someone might be ready to birth an amazing response, but it takes time sometimes.
 - Be affirming by using expressions such as, "Great insight," "You're on the right track; can you expand on that?" or "Wow!"
 - Repeat responses as a way to get people to continue talking.
 - Don't ask yes/no questions. If you do, have people expand their answers.
 - Redirect people if they start to get off track. It's alright to politely interrupt and ask them to get back to the question or the main idea of the conversation.
 - Don't go off on rabbit trails—topics outside of the focus of the meeting.
 - Don't let one person dominate the conversation. Politely ask to hear from others in the group.
5. **Start and end on time.** This point was stated earlier but is crucial to maintaining the morale of your group. If you meet the expectations of your group when it comes to the beginning and ending time of your meeting, you'll be trusted with other things later on. Be trustworthy in the little things, such as timing, and people will begin to trust you on more important matters. People live busy lives and need to know that they'll be dismissed on time. If you go late, you may lose people in future meetings. Also start on time, cluing people to the importance of arriving on time. If people know you'll be starting late, they will begin arriving late; it's just human nature.
6. **Model what it takes to grow from the study by preparing yourself each week for the group study.** In other words, practice what you preach and complete the Bible study, reading, and memorization assignment each week.
7. **Use the leadership guide and study guide resources.** If you find that you have a question about the study to which an answer can't be found in the materials, feel free to contact the C.S. Lewis Institute. The website of CSLI is www.cslewisinstitute.org
8. **Pray and enjoy the program!** Pray for the members of your group and pray that the Holy Spirit would guide the discussion. Pray that all distractions would be removed during the meeting. Do the work, show up to the group, facilitate the discussion, get to know the people in your group, and enjoy the program!